

January 2011

Salt River Fitness Center – Group Exercise Classes

Disease Prevention Program

10,005 E Osborn Road, Scottsdale AZ 85256

Phone: 480-362-7320

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 11:05am Step & Sculpt w/Rachel 12:05pm 45 –minute Spin w/Michelle 5:30pm No Class Today</p>	<p>4 9:15am YS - “Mousercise” 12:05pm Zumba w/Robin 5:30pm The “Ride” (Spin) w/Michelle 6:30pm-7:15pm Boxing Basics w/Nevelle</p>	<p>5 12:05pm Cardio Mix w/Rachel 5:30pm Step Aerobics w/Michelle 6:30pm Total Body Circuit 30 w/Rachel</p>	<p>6 9:15am YS - “Mousercise” 12:05pm Ab-solute Training w/Dion 5:30pm Cardio Kickboxing w/Rachel 6:30pm Senior Dance Group (55+) w/Roberta</p>	<p>7 12:05pm Spin & Abs HITT w/Michelle 5:30pm Endurance Ride (Spin) w/Rachel</p>
<p>10 11:05am Step & Sculpt w/Rachel 12:05pm 45 –minute Spin w/Michelle 5:30pm Fit To Move ~Lo Impact~ w/Roberta 6:30pm Yoga/Pilates 30 w/Rachel</p>	<p>11 9:15am YS - “Mousercise” 12:05pm Total Body Conditioning w/Dion 5:30pm The “Ride” (Spin) w/Michelle 6:30pm-7:15pm Boxing Basics w/Nevelle</p>	<p>12 12:05pm Zumba w/Robin 5:30pm Step Aerobics w/Rachel</p>	<p>13 9:15am YS - “Mousercise” 12:05pm Ab-solute Training w/Dion 5:30pm Cardio Kickboxing w/Rachel 6:30pm Senior Dance Group (55+) w/Roberta</p>	<p>14 12:05pm Spin & Abs HITT w/Michelle 5:30pm Interval Ride (Spin) w/Rachel</p>
<p>17 Martin Luther King Day Tribal Office Closed See you tomorrow</p>	<p>18 9:15am YS - “Mousercise” 12:05pm Total Body Conditioning w/Dion 5:30pm The “Ride” (Spin) w/Michelle 6:30pm-7:15pm Boxing Basics w/Nevelle</p>	<p>19 12:05pm Cardio Mix w/Rachel 5:30pm Step Aerobics w/Michelle 6:30pm Total Body Circuit 30 w/Rachel</p>	<p>20 9:15am YS - “Mousercise” 12:05pm Zumba w/Robin 5:30pm Cardio Kickboxing w/Rachel 6:30pm Senior Dance Group (55+) w/Roberta</p>	<p>21 Fitness Center CLOSED 10am – 12pm *Staff @ Meeting 12:05pm Spin & Abs HITT w/Michelle 5:30pm Strength Ride (Spin) w/Rachel</p>
<p>24 11:05am Step & Sculpt w/Rachel 12:05pm 45 –minute Spin w/Michelle 5:30pm Fit To Move ~Lo Impact~ w/Roberta 6:30pm Yoga/Pilates 30 w/Rachel</p>	<p>25 9:15am YS - “Mousercise” 12:05pm Total Body Conditioning w/Dion 5:30pm The “Ride” (Spin) w/Michelle 6:30pm-7:15pm Boxing Basics w/Nevelle</p>	<p>26 12:05pm Cardio Mix w/Rachel 5:30pm Step Aerobics w/Rachel</p>	<p>27 9:15am YS - “Mousercise” 12:05pm Ab-solute Training w/Dion 5:30pm Cardio Kickboxing w/Rachel 6:30pm Senior Dance Group (55+) w/Roberta</p>	<p>28 12:05pm Spin & Abs HITT w/Michelle 5:30pm Zumba w/Robin</p>
<p>31 11:05am Step & Sculpt w/Rachel 12:05pm 45 –minute Spin w/Michelle 5:30pm Fit To Move ~Lo Impact~ w/Roberta 6:30 pm Yoga/Pilates 30 w/Rachel</p>	<p><u>Salt River Fitness Center Hours:</u> Monday – Thursday..... 6:00am to 7:30pm Friday6:00am to 6:30pm Saturday & Sunday.....CLOSED <i>*Closed on major Holidays, staff meeting, events or etc. Staff will post notice in facility or intranet announcements.</i></p> <p><u>Upcoming Events:</u> New Year's Road Race Saturday, Jan. 29th @ 8:00am Salt River High School 5k, 0.6 kids run (ages 10 and under), and 1-mile Family Walk <i>*Onsite registration only starting @ 7am*Limited Participant T-Shirts* Awards*</i></p>			

Class Description:

Ab-solute Training: Get a whole body workout with an emphasis on abdominal training. Class will contain a mix of exercises to strengthen and stretch the core muscles of the abdomen and back. Stability Ball and other equipment may be utilized. There is no aerobic component.

Boxing Basics: *****All participants please provide your own hand wraps and gloves** MUST HAVE!!!***** Learning the fundamentals of boxing: foot work, proper stance, delivery of jab and straight right. Shadow boxing, using the heavy bag. Offense and defense. It is an excellent source of conditioning and can be used as a vehicle to instruct sportsmanship, the value of conditioning and a positive release of frustrations and energies, in addition to building self-confidence and character.

Cardio Kickboxing: Cardio kickboxing is a non-contact workout that includes both aerobic and strength training routines in an energizing environment usually to the beat of dance-music. Learn the specific punches and kicks, to improve overall agility and power.

Cardio Mix: An exciting and challenging combination of low/high aerobics or Cardio Kickboxing and step followed by sculpting/strength training total body & core (bodyweight or with weights).

Fit To Move ~Lo Impact~: Fit to Move ~Lo Impact~ with this workout, the fun is back! Get a great workout with low impact moves designed to burn fat. Class incorporates classic floor aerobics that are easy to follow with no complicated choreography. Low-impact aerobics offer a good way to begin an exercise program and are also suitable for seniors and people who are pregnant or overweight.

Step & Sculpt: A great cardiovascular workout combined with sculpting using weights, abdominal work and stretching.

Step: A predominantly low-impact activity which involves stepping up and down on a platform while performing creative choreographic movements to music. The instructor will offer options in the workout to suit all levels. Beginner, Intermediate and Advanced steppers are all welcome! For variety, Step class may include Step Interval, Step Circuit, Double Step or Multi-Step.

SPIN CLASSES:

- **Endurance:** Working in the 65 – 75% of HRM, the body burns mostly fat. It trains your body to set a pace and stay with it, becoming an efficient fat burner.
- **Interval:** This is a the most varied workout using flats, hills, quick pace and recovery periods taking your heart rate through the range from 65 – 92% MHR. Working aerobically and anaerobically the goal is to see the ability of your heart to recover after intense exertion.
- **Strength:** The goal in training in this zone 75 – 85% If HRM. Is to build power in the muscle. Mostly done on hills, that is, with resistance, the muscle is worked enough that it breaks down and rebuilds. Recovery afterwards is essential to reduce soreness.
- **SPIN & ABS HITT:** This type of training is very intense but HIIT (High Intensity Interval Training) is a miracle way to reduce your workout time and up your fat burning. Studies show that your metabolism is raised for 12-48 hours after a HIIT session. Your HITT session will be followed by an abdominal section. Please bring a towel and water bottle to all spin classes!
- **45-minute Spin:** This 45 minute indoor cycling class provides a fun and challenging cardiovascular workout for all fitness levels. Participants in the spinning program will enhance your speed, strength and stamina, improve your overall physical health and increase you caloric burn

Total Body Circuit 30: This class will get you pumped up! Work your upper, lower and core. Instructor will have variety of exercises that will raise your heart rate and help strength your muscles with the uses of the Step, Bosu, Bodyweight, Weights, Kettlebells or Resistance Band

T.B.C. (Total Body Conditioning): This class is designed to incorporate various types of equipment including dumbbells, kettlebells, resistance bands, medicine balls, and more. This is a fun, fast-paced total body workout that targets strength and conditioning from all angles.

Yoga/Pilates 30: In this class you will learn the basics of Yoga-breathing, Sun Salutation, seated and lying stretches flowed by Pilates to work your core set to variety of music (new age, soul, pop to rock).

Zumba: A workout mixes body sculpting movements with dance steps derived from cumbia, merengue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, and Salsa. The routines feature aerobic interval training with a combination of fast and slow rhythms. It targets areas such as the glutes, legs, arms, abdominals, and the heart. A Zumba class is typically not formulaic in that instructors often add on their own music choices and choreographies to make their class presentation locally unique.